

High School

FLASH



Family Life and Sexual Health Grades 9 -12

2nd Edition

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9/10 & 11/12 FLASH

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The County of King, by and for the
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4/5/6 FLASH

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Review & Resources Lesson updated in 2009

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HIV/AIDS lesson revised in 2006

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To preview the **FLASH** curriculum online:

www.kingcounty.gov/health/flash/

FLASH lessons can be downloaded for free, online.

To order professionally-printed hard copies of **FLASH**:

Go to www.kingcounty.gov/health/flash and click on “Download the order form ...”

Hard copies are produced with labeled dividers, in 3-ring binders.

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Updates

Keep your **FLASH** binder current by subscribing to be notified of changes.

Go to www.kingcounty.gov/health/flash and click on the box that says, “Get FLASH email updates” in the upper right-hand corner of the screen.

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What's New in this 2nd Edition?

This 2011 edition of **High School FLASH** replaces both **9/10 FLASH** and **11/12 FLASH**. It differs from the originals in a number of ways.

Stronger Lessons - The lessons are standards-based and more closely aligned than ever with what research has shown to be effective. In response to groundbreaking research by Doug Kirby (2007)¹, this edition focuses on impacting students' attitudes, beliefs and skills. Research has found these specific risk and protective factors to be most amenable to change, and to be highly predictive of teen pregnancy and STD involvement.

Fewer Lessons & Priority Goals - Teachers have told us they can't teach it all. So there are fewer lessons and they've been prioritized as "core" and "enrichment" lessons.

We omitted breast and testicular self-exam, neither of which is routinely recommended any longer.^{2,3} We shifted contraception education in order to impact students' skills and attitudes in addition to teaching the relevant medically accurate knowledge. We eliminated some other goals of the curriculum (improving pregnancy outcomes, reducing infertility); in order to better achieve the following goals:

- Increasing and improving students' communication with their families and other trusted adults regarding sexual values and feelings
- Giving students a basic foundation of knowledge about their sexual and reproductive health
- Preventing teen pregnancy
- Preventing sexually transmitted disease, including HIV
- Preventing sexual exploitation

Briefer Homework - We still offer a Family Homework assignment and an Individual Homework assignment for each lesson, but the assignments can usually be completed in 10 minutes.

New Illustrations & Media - We have updated the art for the 21st century, thanks to illustrator Dærick Gröss, Sr. We have also recommended quick YouTube videos in some lessons.

More Suggestions for Integrated Learning - As we've always done at the elementary level, we have added recommendations in most lesson plans at high school for activities that can be done in other disciplines to support what's being taught in the health class, such as ideas for language arts, history, and other departments.

¹ See www.thenationalcampaign.org/EA2007/EA2007_full.pdf

² Smith, R, et al. Cancer screening in the United States, 2011: A Review of Current American Cancer Society Guidelines and Issues in Cancer Screening.
<http://caonline.amcancersoc.org/cgi/content/full/caac.20096v1>

³ U.S. Preventive Services Task Force (USPSTF) recommendation on screening for testicular cancer
<http://www.uspreventiveservicestaskforce.org/3rduspstf/testicular/testiculrs.htm>
<http://www.uspreventiveservicestaskforce.org/uspstf09/breastcancer/brcanrs.htm>

Translated Family Materials - We now offer free downloadable versions of the family letters introducing the unit and of all Family Homework assignments in Arabic, Chinese, English, Russian, Spanish and Vietnamese.

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